

El Lago 55+ Friendship Club

Open to area residents,
this newly formed group welcomes anyone aged 55 and over!

The group meets twice a month at the El Lago Center Event Room,
located at 411 Tallowood Drive.

Activities include doing small service projects, playing games,
listening to speakers, and enjoying a good cup of coffee.

We invite you to join us:

Each month on the 1st AND 3rd Thursdays at 9:30 a.m.

Upcoming dates are:

February 6 and 20

March 6 and 20

April 3 and 17



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Fitness Class for El Lago Seniors

The City of El Lago knows our entire population needs opportunities to stay healthy and active. We are offering a complimentary fitness class called “Inner Strength” geared specifically toward persons 55 and above.

Our certified instructor uses resistance bands and light weights to help build core strength and balance. Each class incorporates upbeat music with a combination of sitting and standing exercises.

“Inner Strength” classes are every
Tuesday and Thursday from 11 a.m – noon.

You are welcome to join at any time – no reservations necessary.

411 Tallowood Drive in El Lago